



Preparation for Vasectomy

1. Wash scrotum well with Betadine or other antiseptic soap at least 1-2 days before the scheduled surgery date.
2. Shave all hair from the scrotum. This means from the penis onto the sac in its entirety. You should do this the night before or the day of the vasectomy.
3. After shaving the area, thoroughly wash the penis and the scrotum, then shower or bathe to remove all loose hairs. If needed, wash the area again just before coming to the office for your vasectomy.
4. Bring a scrotal athletic supporter (jock strap or suspensory), or tight jockey shorts. No boxers.
5. No Aspirin or any product containing aspirin for 1 week in advance of surgery.
6. If possible, bring someone who can drive you home, especially if you tend to get light headed or think that you might need sedation.
7. Eat a light snack instead of a full meal before your surgery.
8. Have an ice pack or bag of frozen peas, etc. waiting for you at home, to place on top of the scrotal dressing for the first 24 to 48 hours.